1 administer (v.ed) يُقدِّم / يُعطي (دواءً) / يُسعِف

Definition : ➢ to give medicine or treatment to someone.

SB : ➢ Sarah's first task is .....ing medication to her patients.

➢ Paramedics are trained to.....first aid quickly.

➢ *Synonym* ➢ provide / dispense / enforce ➢ *Antonym* ➢ withhold / neglect / withdraw

2 attention (n) اهتمام / انتباه

Definition : ➢ care or notice given to someone or something.

SB : ➢ One elderly patient, Mr. Ramy, has been recovering from surgery and needs extra ..... .

➢ Pay close ..... to the teacher's instructions.

➢ *Synonym* ➢ focus/ concentration ➢ *Antonym* ➢ distraction / disregard

3 beep (n) صوت صفير

Definition : ➢ a short high sound such as that made by electronic equipment.

SB : ➢ The loud ..... from the car alarm woke up the entire neighborhood.

➢ *Synonym* ➢ tone / signal / chime ➢ *Antonym* ➢ silence / quiet / stillness

4 buzz (n) ضجة / حركة / نشاط

Definition : ➢ the sound of many people talking or machines working.

SB : ➢ There was an exciting ..... in the classroom when the students heard about the school trip.

➢ The atmosphere in the office had a positive.....after the big announcement.

➢ *Synonym* ➢ excitement hustle / bustle ➢ *Antonym* ➢ silence / stillness / inactivity

5 chaos (n) فوضى

Definition : ➢ a state of complete confusion and disorder.

SB : ➢ A sudden ..... broke out in the market when people started running randomly.

➢ The fire caused complete.....in the market.

➢ *Synonym* ➢ disorder/ confusion ➢ *Antonym* ➢ order/ organization/ harmony

6 chest (n) صدر

Definition : ➢ the front part of the body between the neck and the stomach.

SB : ➢ The nurse pressed gently on the patient's ..... to check for pain.

➢ *Synonym* ➢ breast / bosom ➢ *Antonym* ➢ back

7 collapse (v.d) ينهار / يتهاوى

Definition : ➢ fall down suddenly, usually because of illness or weakness.

SB : ➢ After running up the stairs, he felt dizzy and nearly .....d .

➢ The old bridge might.....if we don't repair it.

➢ *Synonym* ➢ fall/ crumble ➢ *Antonym* ➢ rise/ stand/ recover

8 consciousness (n) الوعي / الإدراك

Definition : ➢ the state of being awake and aware of what is happening around you.

SB : ➢ She lost.....during the surgery but regained it later.

➢ *Synonym* ➢ awareness/ alertness ➢ *Antonym* ➢ unconsciousness/ coma/ insensibility

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9 CPR (Cardiopulmonary Resuscitation) الإنعاش القلبي الرئوي

Definition : ➢ an emergency procedure that uses chest compressions to help someone whose heart has stopped.

SB : ➢ You must start ..... immediately if the person is not breathing.
➢ If someone stops breathing, you might need to perform..... .

➢ *Synonym* ➢ resuscitation / emergency treatment ➢ *Antonym* ➢ ---.....---- .....

10 emergency (n) طَوارِئ

Definition : ➢ a serious and unexpected situation that needs quick action.

SB : ➢ By midday, ...ies arise—a car accident victim is rushed in, and the team springs into action.
➢ The hospital received many patients after the.....

➢ *Synonym* ➢ crisis/ urgency ➢ *Antonym* ➢ routine/ normality/ calmness

11 grab (v.bed) يُمْسِك بقُوَّة/ يَجْذِب بسُرْعَة

Definition : ➢ take or hold something quickly and strongly.

SB : ➢ The firefighter had to ..... the child's arm and pull her to safety.
➢ The child.....her mother's hand tightly while crossing the road.

➢ *Synonym* ➢ seize/ snatch ➢ *Antonym* ➢ release/ let go/ drop

12 heartbreaking (adj) مؤلم / مُحْزِن

Definition : ➢ very sad or upsetting.

SB : ➢ Seeing children suffer is truly..... .

➢ *Synonym* ➢ painful/ tragic ➢ *Antonym* ➢ uplifting/ heartwarming/ comforting

13 kick off (v.ed) يبدأ

Definition : ➢ when a football (soccer) game or a team, etc. kicks off, the game starts.

SB : ➢ The football match will ..... at exactly 7 p.m.
➢ The school year always.....with an opening ceremony.

➢ *Synonym* ➢ start / begin / launch ➢ *Antonym* ➢ end / finish /conclude

14 medication (n) دواءً (علاج)

Definition : ➢ a drug or another form of medicine that you take to prevent or to treat an illness.

SB : ➢ The nurse gave the patient the correct ..... to help relieve the pain.

➢ *Synonym* ➢ medicine / cure / remedy ➢ *Antonym* ➢ ailment / poison

15 paramedics(n) مُسْعِفين

Definition : ➢ medical professionals who give emergency care and take people to hospital by ambulance

SB : ➢ The ..... arrived within minutes to give emergency first aid to the patient.

➢ *Synonym* ➢ first responders / EMTs ➢ *Antonym* ➢ casualties / victims

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16 pulse(n) النبض

Definition : ➢ the regular beating of the heart that you can feel on your wrist or neck

SB : ➢ The lifeguard tried to check the man's ..... before starting first aid.

➢ *Synonym* ➢ heartbeat / throb / rhythm ➢ *Antonym* ➢ stillness / lifelessness / inactivity

17 rewarding (adj) مُرْضِي / مُجْزي

Definition : ➢ giving a feeling of satisfaction or pleasure because you helped someone or achieved something good

SB : ➢ She found the work rewarding because she could see the positive impact she was making. The synonym of the underlined word "rewarding" is.....

➢ *Synonym* ➢ satisfying/ fulfilling ➢ *Antonym* ➢ unrewarding/ disappointing/ fruitless

18 rollercoaster (n) موقف متأرجح/ تقلبات شديدة

Definition : ➢ a situation or experience with many ups and downs, often emotional

SB : ➢ Nursing is a never-ending ....., but Sarah wouldn't trade it for anything.

➢ *Synonym* ➢ ups and downs / instability ➢ *Antonym* ➢ stability / constancy / steadiness

19 shift(n) دوام (وردية عمل)

Definition : ➢ a set period of time that a person works (especially in hospitals, factories, etc.)

SB : ➢ Every morning, Nurse Sarah kicks off her day with a strong cup of coffee before her 12-hour ..... begins.

➢ Nurses usually work in an 8-hour..... .

➢ *Synonym* ➢ turn / stint / period of work ➢ *Antonym* ➢ rest period / time off / break

20 victim (n) ضحية

Definition : ➢ a person who has been hurt, killed, or affected by something bad like an accident or crime

SB : ➢ The rescue team worked quickly to help the accident ..... before the ambulance arrived.

➢ The.....of the accident was taken to the ER. غرفة الطوارئ

➢ *Synonym* ➢ casualty / sufferer / target ➢ *Antonym* ➢ attacker / offender / perpetrator

21 clutch (v) يُمْسِك بقُوَّة/ يَتَمَسَّك بشِدَّة

Definition : ➢ to hold something tightly, often because of fear, pain, or urgency.

SB : ➢ A construction worker, pale as a ghost, ...ed his bleeding hand, trying not to cry out

➢ *Synonym* ➢ grasp / seize/ hold tightly ➢ *Antonym* ➢ release / let go / free

22 forehead (n) جبهة / جبين

Definition : ➢ the flat part of the face above the eyebrows.

SB : ➢ Nurses quickly took him for X-rays while Dr. Maha prepared to stitch a deep cut on his ..... .

➢ *Synonym* ➢ brow / front of the head ➢ *Antonym* ➢ occiput / back of the head

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23 panicked (adj) مذعور / مرتبك

Definition : ➢ acting quickly and wildly due to fear, worry, or panic.

SB : ➢ A .....ed mother rushed in, holding her toddler.

➢ *Synonym* ➢ frantic/ agitated/ frenzied ➢ *Antonym* ➢ calm/ relaxed/ untroubled

24 groan (v) يتأوه

Definition : ➢ to make a deep sound of pain or discomfort.

SB : ➢ Inside, the emergency room was in full chaos—patients .....ing, nurses hurrying, and machines beeping non-stop.

➢ *Synonym* ➢ moan / sigh/ grumble ➢ *Antonym* ➢ cheer/ laugh/ exclaim

25 moan (v) يئن

Definition : ➢ to make a soft, low sound to express pain, sadness, or complaint.

SB : ➢ In one corner, a teenager with a broken arm .....ed quietly.

➢ *Synonym* ➢ groan / weep / sigh ➢ *Antonym* ➢ rejoice / laugh / cheer

26 scope (n) منظار / مدى

Definition : ➢ - a medical tool for looking inside the body; - range or extent.

SB : ➢ Without hesitation, the team jumped into action. Using a flexible ....., they carefully removed the coin.

➢ The new project's.....is to help rural farmers.

➢ *Synonym* ➢ viewfinder / range / extent ➢ *Antonym* ➢ back

27 swallow (v) يَبْتلع

Definition : ➢ to make food, drink, etc. go down your throat into your stomach.

SB : ➢ The child had .....ed a coin. Without hesitation, the team jumped into action.

➢ *Synonym* ➢ gulp / ingest / consume ➢ *Antonym* ➢ spit out / vomit

28 stitch (v) يخيط / يُغرز

Definition : ➢ to close a wound using a needle and thread.

SB : ➢ Nurses quickly took him for X-rays while Dr. Maha prepared to ..... a deep cut on his forehead.

➢ *Synonym* ➢ suture / bind / sew ➢ *Antonym* ➢ reopen / cut / lacerate

29 urgency (n) حالة عاجلة / شِدَّةُ اللُّزُوم / ضَرُورَةٌ

Definition : ➢ the quality of needing to be dealt with or happen immediately.

SB : ➢ The manager asked us to finish the report with…. because the client was waiting.

➢ *Synonym* ➢ necessity / pressure / insistence ➢ *Antonym* ➢ unimportance/ insignificance

30 adopt (v) يتبنى

Definition : ➢ to accept or support an idea, belief or way of doing something.

SB : ➢ Today, Egypt continues to ..... modern technology, from computerized factories to renewable energy systems.

➢ *Synonym* ➢ embrace / accept / approve ➢ *Antonym* ➢ reject / turn down / discard

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31 appliance (n) جهاز

Definition : ➢ a device or piece of equipment, especially one used in the home to perform a specific task

SB : ➢ Modern washing machines and fridges are common household .....s in most homes.

➢ *Synonym* ➢ device/ machine/ instrument ➢ *Antonym* ➢ ..... ----.....---

32 artifact (n) قطعة أثرية / تحفة

Definition : ➢ an object made by a human being, typically one of cultural or historical interest.

SB : ➢ Museums now use 3D scanning to preserve ancient .....s, blending old and new.

➢ *Synonym* ➢ relic / antique/ handicraft ➢ *Antonym* ➢ natural object

33 automated (adj) آلي / مُمَيْكَن

Definition : ➢ operated automatically using machines or computers instead of people.

SB : ➢ The company installed an ..... system to pack the products without human labor.

➢ "She preferred handmade tools over an automated system." The word "automated" here is an antonym of.....

➢ *Synonym* ➢ automatic / self-operating ➢ *Antonym* ➢ manual / hand-operated

34 chores (n) أعمال منزلية / مهام روتينية

Definition : ➢ regular, everyday tasks, especially around the house such as cleaning or cooking.

SB : ➢ Household appliances save time and make ..... easier.

➢ *Synonym* ➢ household tasks / housework ➢ *Antonym* ➢ leisure / relaxation

35 cotton gin (n) مِحْلَج القطن

Definition : ➢ a machine invented to quickly separate cotton fibers from seeds.

SB : ➢ .....s and steam engines revolutionized agriculture and transportation.

➢ *Synonym* ➢ cotton-cleansing machine ➢ *Antonym* ➢ ..... ----.....---

36 drivers (n) ملفات التعريف

Definition : ➢ software that helps devices work.

SB : ➢ The computer will not work if the correct ..... are not installed.

➢ *Synonym* ➢ system software/ operating files ➢ *Antonym* ➢ hardware

37 dynasty (n) أسرة حاكمة

Definition : ➢ a ruling family that holds power for several generations.

SB : ➢ The Ming .....ruled China for centuries.

➢ *Synonym* ➢ ruling family / regime ➢ *Antonym* ➢ ..... ----.....---

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38 efficiency (n) كفاءة

Definition : ➢ the ability to do something well without wasting time, energy, or resources.

SB : ➢ Engineers are constantly working to improve the efficiency of solar panels. The synonym of the underlined word "efficiency" is.....

➢ *Synonym* ➢ effectiveness/ productivity ➢ *Antonym* ➢ inefficiency/ incompetence

39 groundwork (n) أرضية / أساس / تأسيس / تمهيد

Definition : ➢ preparatory work or foundation for something to develop.

SB : ➢ Historians believe that early innovations laid the ..... for future engineering marvels.

➢ *Synonym* ➢ foundation/ basis/ fundamentals ➢ *Antonym* ➢ superstructure / conclusion

40 household (adj) منزليّ

Definition : ➢ relating to a house or to the people living in it.

SB : ➢ Soap and vinegar are common ..... products.

➢ *Synonym* ➢ domestic/ family/ residential ➢ *Antonym* ➢ public /commercial / common

41 infrastructure (n) بنية تحتية / أساسية

Definition : ➢ the basic systems and structures a country or organization needs to operate.

SB : ➢ Roads and bridges are part of a country's ..... .

➢ *Synonym* ➢ foundation / base / substructure ➢ *Antonym* ➢ superstructure/ periphery

42 initiative (n) مبادرة

Definition : ➢ an important first step or plan to achieve a goal.

SB : ➢ Government ..... and private-sector partnerships are driving forward projects in automation and smart infrastructure.

➢ *Synonym* ➢ enterprise/ scheme / campaign ➢ *Antonym* ➢ inaction

43 lever (n) رافعة / ذراع تحكم ميكانيكي

Definition : ➢ a bar used to force or move something.

SB : ➢ Workers used a ..... to lift the heavy stone.

➢ *Synonym* ➢ crowbar / handle / pry bar ➢ *Antonym* ➢ ..... ----.....---

44 offline (adj) غير متصل

Definition : ➢ not connected to the network.

SB : ➢ The website was ..... yesterday for maintenance.

➢ *Synonym* ➢ disconnected / standalone ➢ *Antonym* ➢ online / connected

45 revolutionize (v.d) يحدث تغييرًا جذريًا / يحدث ثورة

Definition : ➢ to completely change the way something is done or made.

SB : ➢ Cotton gins and steam engines ..... d agriculture and transportation.

➢ *Synonym* ➢ transform / reshape / radicalize ➢ *Antonym* ➢ stagnate

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46 sophisticated (adj) متطور / دقيق

Definition : ➢ complex or advanced in design, understanding, or technology.

SB : ➢ The museum featured a sophisticated security system to protect the priceless artworks. The synonym of the underlined word "sophisticated" is .....

➢ *Synonym* ➢ advanced / complex / refined ➢ *Antonym* ➢ simple/ primitive/ basic

47 standstill (adj) ساكن/ثابت

Definition : ➢ a situation in which all activity or movement has stopped.

SB : ➢ After the power cut, all the machines in the factory came to a complete ..... .

➢ *Synonym* ➢ motionless/ still ➢ *Antonym* ➢ movement/ activity/ motion

48 technician (n) فني / أخصائي تقني

Definition : ➢ a person whose job is keeping a particular type of equipment or machine in good condition.

SB : ➢ We called a ..... to repair the broken printer.

➢ *Synonym* ➢ specialist / expert / professional ➢ *Antonym* ➢ amateur / novice

49 track (n) (v) ممر / يراقب / يتبع

Definition : ➢ a piece of ground with a special surface for people, cars, etc. to have races or to drive on.

SB : ➢ The GPS app helps drivers to stay on the right ..... to their destination.

➢ *Synonym* ➢ trail / path / pathway ➢ *Antonym* ➢ ..... ----.....---

50 troubleshoot (v) يحدد المشكلة ويحلها

Definition : ➢ fix problems step by step.

SB : ➢ The IT team is trying to ..... the network problem.

➢ *Synonym* ➢ diagnose/ resolve / fix ➢ *Antonym* ➢ complicate / aggravate

51 update (v) يُحدّث / يجدد البيانات

Definition : ➢ to make something more modern by adding new parts, etc.

SB : ➢ The software needs to be .....d to the latest version.

➢ *Synonym* ➢ refresh / renew / upgrade ➢ *Antonym* ➢ outdate / downgrade

52 version (n) نسخة / إصدار

Definition : ➢ one form of something that is slightly different to other forms of the same thing.

SB : ➢ The software needs to be updated to the latest ..... .

➢ *Synonym* ➢ edition / release / variant ➢ *Antonym* ➢ original / prototype / archetype

53 bear the brunt يتحمل العبء الأكبر

Definition : ➢ to suffer the worst part of something.

SB : ➢ It is often low-income and marginalized communities that ..... of its consequences.

➢ *Synonym* ➢ take the hit / face the worst ➢ *Antonym* ➢ escape / avoid / dodge

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54 equity (n) إنصاف / عدالة

Definition : ➢ fairness or equal treatment.

SB : ➢ At its core, climate justice is about ....., responsibility, and giving a voice to those who are often unheard in global debates.

➢ *Synonym* ➢ fairness/ justice/ impartiality ➢ *Antonym* ➢ inequality/ injustice

55 expansion (n) تمدد

Definition : ➢ the act of becoming larger or more extensive.

SB : ➢ The company plans an ..... of its offices to hire more employees.

➢ *Synonym* ➢ growth/ increase/ enlargement ➢ *Antonym* ➢ reduction/ contraction

56 extreme weather طقس قاس / شديد

Definition : ➢ a weather condition that is unusually strong, dangerous or destructive.

SB : ➢ Floods, hurricanes, and sandstorms are all examples of ..... .

➢ *Synonym* ➢ severe weather / adverse weather ➢ *Antonym* ➢ mild weather

57 forecast (n) تنبؤ

Definition : ➢ the prediction of future weather conditions.

SB : ➢ According to the five-day ....., temperatures will remain high.

➢ *Synonym* ➢ prediction / projection ➢ *Antonym* ➢ hindsight

58 pessimistic (adj) متشائم

Definition : ➢ expecting bad or negative outcome.

SB : ➢ Some scientists feel pessimistic about the future of our climate.

➢ *Synonym* ➢ gloomy / cynical / defeatist ➢ *Antonym* ➢ optimistic / hopeful

59 heatwave (n) موجة حارة

Definition : ➢ a very long period of dangerously hot weather.

SB : ➢ The country experienced a deadly ..... that lasted for two weeks.

➢ *Synonym* ➢ hot spell / scorching weather ➢ *Antonym* ➢ cold snap / cold wave

60 indicate (v.d) يوضح - يشير إلى

Definition : ➢ to show, point out, or suggest something.

SB : ➢ The red light on the machine .....s that it is not working properly.

➢ *Synonym* ➢ show/ point out/ signal ➢ *Antonym* ➢ hide/ obscure/ deny

61 large-scale (adj) يُمْسِك بقُوَّة/ يَجْذِب بسُرْعَة

Definition : ➢ involving many people or things, especially over a wide area.

SB : ➢ Building the bridge was a ..... project that took five years to finish.

➢ *Synonym* ➢ extensive / vast / wide-ranging ➢ *Antonym* ➢ small-scale / limited / local

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62 marginalized communities المجتمعات المهمشة

Definition : ➢ groups with little power or resources.

SB : ➢ It is often low-income and ..... that bear the brunt of its consequences.

➢ *Synonym* ➢ disadvantaged groups / underprivileged communities ➢ *Antonym* ➢ privileged classes / dominant groups

63 meteorologist (n) خبير أرصاد

Definition : ➢ someone who studies or predicts the weather.

SB : ➢ The ..... predicted thunderstorms across the northern region.

➢ *Synonym* ➢ climatologist / weathercaster ➢ *Antonym* ➢ layman

64 migration (n) هجرة

Definition : ➢ the movement of people or animals from one place to another.

SB : ➢ Climate change may cause the ..... of millions of people to safer areas.

➢ *Synonym* ➢ movement / relocation ➢ *Antonym* ➢ staying / remaining

65 mitigate (v.d) يخفف

Definition : ➢ to make something less severe, harmful, or painful.

SB : ➢ Planting trees in cities can help mitigate the effects of air pollution. The synonym of the underlined word "mitigate" is ..... .

➢ *Synonym* ➢ reduce/ lessen/ ease ➢ *Antonym* ➢ worsen/ intensity/ aggravate

66 phenomenon (n) ظاهرة

Definition : ➢ an observable fact or event, especially one that is unusual or remarkable.

SB : ➢ The scientist explained the strange natural ..... to the students.

➢ *Synonym* ➢ occurrence / happening ➢ *Antonym* ➢ concept / theory

67 potential (n) إمكانية / قدرة كامنة / طاقة

Definition : ➢ the possibility of something happening or being developed or used.

SB : ➢ The young athlete has the ..... to become a world champion.

➢ *Synonym* ➢ capacity / capability / possibility ➢ *Antonym* ➢ impotence / inability

68 profound (adj) عميق / خطير

Definition : ➢ very deep, intense, or significant in meaning or effect.

SB : ➢ Climate change must be seen not only as an environmental crisis but also as a ..... issue of global justice.

➢ *Synonym* ➢ deep/ meaningful/ intense ➢ *Antonym* ➢ superficial/ trivial

69 scorching (hot) (adj) شديد (الحرارة)

Definition : ➢ very hot

SB : ➢ It's absolutely ..... today — don't forget sunscreen and water.

➢ *Synonym* ➢ burning/ boiling/ extremely hot ➢ *Antonym* ➢ freezing/ chilly

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70 tangible (adj) مادي / ملموس حسياً / واضح

Definition : ➢ that can be clearly seen to exist

SB : ➢ Their efforts have resulted in ..... changes.

➢ *Synonym* ➢ palpable / touchable / noticeable ➢ *Antonym* ➢ intangible / imperceptible

71 bleach (v. ed) يبيِّض / يَبْهَت / يَفْقِد لَوْنَهُ

Definition : ➢ to lose color and become pale or white, often due to damage.

SB : ➢ The sun ..... ed the old wooden fence a pale gray.

➢ *Synonym* ➢ whiten / fade / discolor ➢ *Antonym* ➢ darken/ stain

72 biologist (n) عالم أحياء / بيولوجي

Definition : ➢ a scientist who studies biology.

SB : ➢ The scientist works as a marine ..... studying whales.

➢ *Synonym* ➢ naturalist / living-organism expert ➢ *Antonym* ➢ layman

73 breathtaking (adj) يُخْطِف الأَنْفَاس

Definition : ➢ extremely beautiful or amazing; stunning.

SB : ➢ The view from the mountain was so ..... that everyone stopped to take photos.

➢ *Synonym* ➢ stunning/ spectacular/ amazing ➢ *Antonym* ➢ dull/ ordinary/ unimpressive

74 conservation (n) حماية البيئة

Definition : ➢ the protection of the natural environment.

SB : ➢ Coral reef ..... is important to marine life.

➢ *Synonym* ➢ preservation/ protection ➢ *Antonym* ➢ destruction / depletion

75 dedicated (adj) مُخْلِص

Definition : ➢ giving a lot of time and effort to something because you care about it.

SB : ➢ She is ..... to helping the poor in her community.

➢ *Synonym* ➢ committed/ devoted/ loyal ➢ *Antonym* ➢ uncommitted/ indifferent/ careless

76 disrupt (v.ed) يُشَوِّش عَلَى / يُقَطِّع

Definition : ➢ to interrupt or break up something, causing disorder.

SB : ➢ The loud noise will ..... the meeting.

➢ *Synonym* ➢ interrupt/ disturb/ upset ➢ *Antonym* ➢ restore / organize / arrange

77 diverse (adj) مُتَنَوِّع

Definition : ➢ very different or varied; showing a wide range.

SB : ➢ Our city is very ..... , with people from many cultures living together.

➢ *Synonym* ➢ varied/ miscellaneous / assorted ➢ *Antonym* ➢ similar/ homogeneous

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78 entangled (adj) عَالِق / مُتَشَابك

Definition : ➢ twisted or scrambled together in a complicated way.
SB : ➢ ..... means twisted or scrambled together in a complicated way.

➢ *Synonym* ➢ twisted/ tangled/ caught ➢ *Antonym* ➢ free/ clear/ untangled

79 erosion (n) التَّآكُل

Definition : ➢ the gradual wearing away of land, often by water or wind.
SB : ➢ Rising sea levels and strong waves can cause severe coastal ..... over time.
➢ Coastal ..... is destroying the beaches year by year.

➢ *Synonym* ➢ wearing away/ deterioration ➢ *Antonym* ➢ buildup/ strengthening/ growth

80 fragile (adj) هَشّ / ضَعِيف

Definition : ➢ easily broken or damaged; delicate.
SB : ➢ Some marine ecosystems are extremely ..... and can be damaged easily.
➢ Be careful with that glass vase; it's..... .
➢ The child was fragile about the strange noise and slowly opened the door to investigate. The synonym of the underlined word "fragile "is ..... .

➢ *Synonym* ➢ frail / delicate / weak ➢ *Antonym* ➢ strong/ sturdy/ durable

81 haunting (adj) مؤثر بشكل لا يُنسى

Definition : ➢ something that stays in your mind, often in a sad or memorable way.
SB : ➢ The melody was so ..... that it stayed in my mind for days.

➢ *Synonym* ➢ unforgettable / lingering ➢ *Antonym* ➢ forgettable / evanescent عابر

82 non-invasive (adj) سَطْحِي / ظَاهِري

Definition : ➢ not entering the body; often used for medical procedures that don't involve cuts or instruments going inside.
SB : ➢ An ultrasound is a ..... medical test.

➢ *Synonym* ➢ superficial / outward / external ➢ *Antonym* ➢ profound / deep / invasive

83 struggle (v.d) يُكَافِح

Definition : ➢ to try very hard to do something difficult.
SB : ➢ Plants will ..... if they get enough sunlight and water.
➢ The hero in this novel .....s to overcome the challenges.

➢ *Synonym* ➢ strive / battle / fight ➢ *Antonym* ➢ surrender / yield /succumb

84 thrive (v.d) يَزْدَهِر

Definition : ➢ to grow, develop, or be successful.
SB : ➢ Sea turtles can only ..... in clean waters with plenty of food sources.
➢ The baby dolphins will ..... if the bay stays clean.
➢ Plants will..... if they get enough sunlight and water.

➢ *Synonym* ➢ flourish / prosper / bloom ➢ *Antonym* ➢ wither / fade / perish

85 underestimate (v.d) يستهين بـ / يقلل من شأن / يبخس قدر

Definition : ➢ to think something is less important or smaller than it really is.
SB : ➢ Don't ..... her abilities; she is very talented.

➢ *Synonym* ➢ undervalue/ underrate/ belittle ➢ *Antonym* ➢ overestimate/exaggerate/overrate

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86 vivid (adj) زَاهِي الأَلْوَان

Definition : ➢ very bright, strong, and clear in color.

SB : ➢ Coral reefs are home to many fish whose ..... colours attract divers from around the world.

➢ The painting was full of ..... colors that caught my eye.

➢ *Synonym* ➢ bright/ glowing / brilliant ➢ *Antonym* ➢ dull / pale/ faded

87 coordinate (v) يُنسّق / ينظّم

Definition : ➢ arranged or organized so that all parts work together effectively.

SB : ➢ The team will ..... efforts to clean the polluted bay.

➢ *Synonym* ➢ harmonize / organize ➢ *Antonym* ➢ disorganize / disrupt

88 detect (v.ed) يكتشف

Definition : ➢ to discover or notice something, especially something that is not easy to see, hear, or smell.

SB : ➢ The sonar device can ..... movement under the water.

➢ *Synonym* ➢ discover / notice / spot ➢ *Antonym* ➢ miss / ignore / overlook

89 figuratively (adv.) مجازياً / على سبيل الاستعارة والتشبيه

Definition : ➢ in a way that uses words or expressions with a meaning that is different from their usual, literal meaning.

SB : ➢ We speak ..... when we say, "the ocean is crying".

➢ *Synonym* ➢ metaphorically / symbolically ➢ *Antonym* ➢ literally / actually / strictly

90 hatch (v.ed) يفقس

Definition : ➢ (of a young bird, fish, insect, etc.) to come out from an egg; to break out from an egg.

SB : ➢ Baby sea turtles are .....ed on sandy beaches.

➢ *Synonym* ➢ incubate / emerge / break out ➢ *Antonym* ➢ die inside the shell

91 literally (adv) حرفياً / بالمعنى الحرفي الواقعي دون مبالغة

Definition : ➢ actually true and exactly as stated; without exaggeration or metaphor.

SB : ➢ He explained the joke ..... , word for word.

➢ *Synonym* ➢ actually / exactly / precisely ➢ *Antonym* ➢ figuratively/ metaphorically

92 mind-blowing (adj) مدهش لحد لا يصدقه عقل/ مذهل للغاية

Definition : ➢ extremely impressive, exciting, or shocking.

SB : ➢ The movie's special effects were ..... .

➢ *Synonym* ➢ astonishing / breathtaking / awe-inspiring ➢ *Antonym* ➢ boring / tedious

93 reputation (n) سمعة

Definition : ➢ the opinion that people have about what somebody / something is like

SB : Her ..... as a leading ocean researcher is well known.

The professor's ..... attracted students from around the world.

The company has a strong ..... for quality service.

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➢ *Synonym* ➢ standing/ status/ stature ➢ *Antonym* ➢ infamy / disrepute

94 turn a blind eye يتغاضى عن / يتجاهل

Definition : ➢ to deliberately ignore something that you know should be noticed or dealt with.

SB : ➢ If we ..... to the damage being done, we might find ourselves in deep water—literally and figuratively.

➢ *Synonym* ➢ ignore / overlook / condone ➢ *Antonym* ➢ notice / intervene / confront

95 advanced (adj.) متقدم / متطور

Definition : ➢ having the most modern and recently developed ideas, methods, etc.

SB : ➢ Technology has become very ..... and replaced many jobs.

➢ *Synonym* ➢ state-of-the-art/ sophisticated ➢ *Antonym* ➢ primitive/ elementary/ outdated

96 capture (v.d) يَسْتَوْلِي / يأسر / يلتقط صورة

Definition : ➢ - to take someone as a prisoner or to take something by force or trap.
➢ - to succeed in representing or recording something accurately using words, a picture, or film.

SB : ➢ Machines couldn't ..... the expressions on the children's faces.

➢ *Synonym* ➢ seize/ conquer / photograph ➢ *Antonym* ➢ release / surrender / miss

97 construction (n) بناء / تشييد

Definition : ➢ building or creating structures.

SB : ➢ The new hospital is still under construction, with cranes and workers visible every day. The antonym of the underlined word "construction" is ..... .

➢ *Synonym* ➢ assembly /erection / structure ➢ *Antonym* ➢ destruction / demolishing / ruin

98 curious (adj) فُضُولِيّ

Definition : ➢ having a strong desire to know or learn something.

SB : ➢ Dr. Sami was ..... about what made Amina's stories special.

➢ *Synonym* ➢ inquisitive / inquiring ➢ *Antonym* ➢ indifferent / uninterested / apathetic

99 emotion (n) عاطفة

Definition : ➢ a strong feeling such as love, fear, or anger.

SB : ➢ The café was a place full of human ..... and connection.

➢ *Synonym* ➢ sentiment / passion / feeling ➢ *Antonym* ➢ apathy / indifference / detachment

110 lonely (adj) وحيد / يشعر بالعزلة

Definition : ➢ sad because you have no friends or people near you; unhappy because alone.

SB : ➢ The moon in her story was ....., just like some people in the modern world.

➢ *Synonym* ➢ lonesome / isolated / desolate ➢ *Antonym* ➢ accompanied/ sociable/ connected

101 magic (n) سِحْر / شعوذة

Definition : ➢ the use of special powers to make things happen which seem impossible; a mysterious quality that makes something beautiful or interesting.

SB : ➢ The storytelling had a kind of ..... that technology couldn't explain.

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➢ *Synonym* ➢ sorcery / witchcraft / voodoo ➢ *Antonym* ➢ reality / fact /

102 repetitive (adj) متكرر / رتيب

Definition : ➢ happening again and again in the same way.

SB : ➢ The job was so repetitive that he performed the same task hundreds of times each day. The antonym of the underlined word "repetitive" is ..... .

➢ *Synonym* ➢ monotonous / redundant ➢ *Antonym* ➢ varied / different /changing

103 warmth (n) دفء المشاعر / الود

Definition : ➢ the quality of being warm in temperature or showing affection and kindness.

SB : ➢ The children felt a sense of ..... when they listened to Amina's stories.

➢ *Synonym* ➢ cordiality/ friendliness /affection ➢ *Antonym* ➢ hostility/ aloofness /coolness

104 quality (n) جودة / متانة وكفاءة الشيء

Definition : ➢ the standard of something when it is compared to other things like it; how good or bad something is

SB : ➢ ..... matters more than quantity in friendships.

➢ *Synonym* ➢ excellence / standard ➢ *Antonym* ➢ inferiority / defectiveness

105 anxiety (n) قلق / توتر النفسي / خوف من المجهول

Definition : ➢ a feeling of worry, or unease about something with an uncertain outcome.

SB : ➢ Before the exam, many students feel nervous and suffer from feelings of ..... .

➢ *Synonym* ➢ worry/ apprehension/ tension ➢ *Antonym* ➢ calmness/ serenity/ peace of mind

106 clumsy (adj.) أخرق / غير متزن حركياً

Definition : ➢ moving or doing things in a way that is not smooth or steady or careful.

SB : ➢ The little boy dropped the plate because he was ..... .

➢ *Synonym* ➢ awkward/ graceless / unskillful ➢ *Antonym* ➢ graceful / agile / skillful

103 communication (n) التواصل

Definition : ➢ the activity or process of expressing ideas and feelings or of giving people information.

SB : ➢ Socializing helps develop better ..... skills.

➢ *Synonym* ➢ contact / interaction ➢ *Antonym* ➢ isolation / alienation

107 compromise (v.d) يَتَفاوضُ / يصل إلى تسوية

Definition : ➢ to reach an agreement in which each side gives up part of what they want.

SB : ➢ When we chat with friends, we practice communication, learn to ..... , and develop empathy.

➢ *Synonym* ➢ settle / meet halfway ➢ *Antonym* ➢ differ / clash

108 depression (n) الاكتئاب / الحزن والاضطراب النفسي

Definition : ➢ a mood disorder characterized by persistent sadness and loss of interest.

SB : ➢ After losing his job, he experienced deep sadness and was diagnosed with .....

➢ People with strong friendships have lower rates of ..... and anxiety.

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➢ *Synonym* ➢ gloom / melancholy / despair ➢ *Antonym* ➢ happiness / joy

109 disaster(n) كارثة

Definition : ➢ a terrible event or complete failure.
SB : ➢ The flood was a terrible ..... for the small village.

➢ *Synonym* ➢ catastrophe / calamity ➢ *Antonym* ➢ blessing / godsend

110 dull (adj) ممل / رتيب / يفتقر إلى الإثارة

Definition : ➢ ot interesting or exciting.
SB : ➢ The lecture was so ..... that several students nearly fell asleep.

➢ *Synonym* ➢ boring / tedious / monotonous ➢ *Antonym* ➢ interesting/exciting / fascinating

111 entertainment (n) ترفيه / تسلية

Definition : ➢ activities, performances, or events designed to amuse or interest people.
SB : ➢ Others find it overwhelming to choose from so many ..... options available today.

➢ *Synonym* ➢ amusement / recreation / diversion ➢ *Antonym* ➢ boredom / tedium

112 face-to-face (adj.) وجهاً لوجه

Definition : ➢ involving people who are close together and looking at each other.
SB : ➢ ..... interaction is particularly powerful.

➢ *Synonym* ➢ in-person / direct / eyeball-to-eyeball ➢ *Antonym* ➢ remote / indirect

113 glamorous (adj.) فاتن / براق ومبهر

Definition : ➢ attractive, stylish, and exciting in a fancy way
SB : ➢ The actress looked absolutely glamorous in her red evening gown. The word "glamorous" means..... .

➢ *Synonym* ➢ stylish / exciting / attractive/ prestigious ➢ *Antonym* ➢ unattractive / ordinary

114 hang out (v) يقضي وقتاً للاستجمام / يتسكع مع الأصدقاء

Definition : ➢ to spend a lot of time in a place
SB : ➢ Let's ..... at the new mall shop after class.

➢ *Synonym* ➢ associate / socialize / spend time ➢ *Antonym* ➢ isolate / withdraw / avoid

115 harmful (adj) ضار / مؤذ

Definition : ➢ causing damage or injury to somebody/something, especially to a person's health or to the environment.
SB : ➢ Technology can be both beneficial and ..... .

➢ *Synonym* ➢ damaging / detrimental ➢ *Antonym* ➢ harmless / beneficial / advantageous

116 hit the town(v) يخرج للترفيه في المدينة ليلاً

Definition : ➢ to go out to enjoy entertainment, such as eating at restaurants, going to parties, or visiting places in the city.
SB : ➢ The idiom "hit the town" means ..... .

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➢ Synonym ➢ go out and enjoy / paint the town red ➢ Antonym ➢ stay in / stay home

117 hormones (n) هرمونات

Definition : ➢ chemical messengers that regulate various bodily functions.
SB : ➢ When we socialize, our bodies release ..... that reduce stress.

➢ Synonym ➢ chemical messengers ➢ Antonym ➢ inhibitors مثبطات

118 interaction (n) تفاعُل / تواصل متبادل

Definition : ➢ the act of communicating or working together.
SB : ➢ Regular social ..... helps reduce stress, boost our immune system, and even helps us live longer.

➢ Synonym ➢ communication / contact ➢ Antonym ➢ isolation / alienation

119 maintain (v) يحافظ/يقوم بصيانة / يُبقي على

Definition : ➢ to keep something in good condition.
SB : ➢ Doctors recommend regular exercise to help you ..... good health.
➢ We sometimes need to make an effort to ..... old friendships while also being open to forming new ones.

➢ Synonym ➢ preserve / keep / sustain ➢ Antonym ➢ abandon / discontinue

120 mortifying(adj) مُحرج جدًا

Definition : ➢ extremely embarrassing
SB : ➢ The word "mortifying" means ..... .

➢ Synonym ➢ embarrassing / humiliating ➢ Antonym ➢ honoring / proud / exalting

121 overwhelming(adj) مُرْهِق / يفوق القدرة على التحمل

Definition : ➢ very great or intense; difficult to deal with.
SB : ➢ Others find it ..... to choose from so many entertainment options available today.

➢ Synonym ➢ overpowering / crushing ➢ Antonym ➢ manageable / easy / light

122 packed(adj) مزدحم للغاية/ مُعبّأ

Definition : ➢ completely full of people or things.
SB : ➢ Many people struggle to find time in their ..... schedules.

➢ Synonym ➢ filled / crowded / jammed ➢ Antonym ➢ empty / vacant / deserted

123 pale (adj) شاحب

Definition : ➢ (of a person, their face, etc.) having skin that is very light in colour; having skin that has less colour than usual because of illness, a strong emotion, etc.
SB : ➢ Her face looked ..... after hearing the shocking news, as if all the color

➢ Synonym ➢ pallid / pasty / wan ➢ Antonym ➢ strong / bright / flushed/ ruddy

124 promotion (n) الترقية الوظيفية

Definition : ➢ a move to a more important job or rank in a company or an organization.
SB : ➢ The manager congratulated Yara on her well-deserved ..... to team leader.

➢ Synonym ➢ advancement, elevation ➢ Antonym ➢ demotion / downgrade

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125 salt shaker (n) ملاحة طعام / مرشة الملح

Definition : ➢ a small container for salt, usually with one hole in the top, that is used at the table.

SB : ➢ Please pass me the ..... for my fries.

➢ *Synonym* ➢ salt cellar / salt caster /salt pot ➢ *Antonym* ➢ sugar bowl

126 socialize(v) يندمج اجتماعياً ويتواصل

Definition : ➢ the action or practice of participating in social activities or mixing socially with others.

SB : ➢ Meeting new people and making friends is an important part of .....e *ing* at university.

➢ *Synonym* ➢ mix / associate / mingle ➢ *Antonym* ➢ isolate / withdraw /shun

127 superficially (adv) ظاهرياً / بشكل سطحي

Definition : ➢ the outward appearance only

➢ in a way that appears to be true, real or important until you look at it more carefully

SB : ➢ She seemed friendly, but I think she was only interested ..... in our problems.

➢ *Synonym* ➢ on the surface / outwardly ➢ *Antonym* ➢ deeply / profoundly

128 unaware (adj) غير واع / غافل / غير مدرك

Definition : ➢ not knowing or realizing that something is happening or that something exists.

SB : ➢ He was completely ..... of the danger ahead and kept walking.

➢ *Synonym* ➢ ignorant / oblivious ➢ *Antonym* ➢ aware / conscious

129 vibrant (adj.) نابض بالحياة / مفعم بالنشاط

Definition : ➢ full of life and energy.

SB : ➢ Cairo is known for its ..... nightlife, with music and dancing everywhere.

➢ *Synonym* ➢ lively / energetic / dynamic ➢ *Antonym* ➢ lifeless / sluggish

130 weeknight (n) ليلة من ليالي أيام الأسبوع

Definition : ➢ any night of the week except Saturday, Sunday and sometimes Friday night.

SB : ➢ The atmosphere was lively, and everyone seemed cheerful - quite the opposite of our usual dull ..... gatherings.

➢ *Synonym* ➢ weekday evening /working night ➢ *Antonym* ➢ weekend night

131 worth (adj) يستحق / يستأهل عناء أو تكلفة شيء

Definition : ➢ important, good or pleasant enough to make somebody feel satisfied, especially when difficulty or effort is involved

SB : ➢ Despite these challenges, the effort to hang out with friends is always ..... it.

➢ *Synonym* ➢ deserving of / meriting ➢ *Antonym* ➢ unworthy of

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132 boarding pass (n.) بطاقة صعود الطائرة

Definition : ➢ a document allowing you to enter the plane.

SB : ➢ To board an international flight, you must show your..... at the airport.

➢ *Synonym* ➢ boarding card ➢ *Antonym* ➢ — — — — — — — —

133 bustling (adj.) صاخب وممتلئ بالحركة

Definition : ➢ full of energy and activity.

SB : ➢ The city square is always full of noise and..... .

➢ *Synonym* ➢ lively / vibrant / teeming ➢ *Antonym* ➢ deserted / quiet / calm

134 go with the flow يماشي التيار / يتكيف مع الظروف دون مقاومة / يساير الأمور

Definition : ➢ accept situations as they happen without trying to control them.

SB : ➢ The weather changed our picnic plans, but we decided to ..... .

➢ Instead of getting upset about the canceled concert, Lisa chose to ..... .

➢ *Synonym* ➢ adapt / roll with the punches ➢ *Antonym* ➢ swim against the stream / resist

135 in hot water في مأزق / في ورطة

Definition : ➢ in trouble or difficulty.

SB : ➢ When I forgot my passport at home, I knew I was ..... .

➢ After breaking the expensive vase, Tamer was ..... with his mother.

➢ *Synonym* ➢ in trouble / in a fix / in a tight spot ➢ *Antonym* ➢ out of trouble

136 luxury (adj.) فاخر / ترفيهي / عالي الجودة

Definition : ➢ expensive and high-quality.

SB : ➢ Travelers with money often choose to fly in..... , enjoying better seats and food.

➢ *Synonym* ➢ luxurious / deluxe / high-end ➢ *Antonym* ➢ budget / basic

137 restrictions (n) قيود / ضوابط

Definition : ➢ rules or limits on what you can do.

SB : ➢ Too many ..... on innovation can harm good work.

➢ *Synonym* ➢ constraints / limitations ➢ *Antonym* ➢ freedom / exemptions

138 someone's heart sinks يشعر بخيبة أمل أو قلق شديد فجأة

Definition : ➢ feel disappointed or worried about something.

SB : ➢ His heart ..... after hearing the bad news. (sink → sank → sunk)

➢ *Synonym* ➢ despair / lose heart / be crushed ➢ *Antonym* ➢ one's heart leaps / be heartened

139 stuck (adj.) عالق / محشور / غير قادر على التحرك

Definition : ➢ unable to move or to be moved.

SB : ➢ Some people feel ..... in big crowds, while others enjoy the activity.

➢ *Synonym* ➢ trapped / jammed / wedged ➢ *Antonym* ➢ free / loose /coolness

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140 confluence (n.) ملتقى / تلاق

Definition : ➢ coming together of two or more rivers or streams.

SB : ➢ Trade routes often formed at the confluence can fluence of two major rivers. The synonym of the underlined word "confluence" is..... .

➢ *Synonym* ➢ meeting / junction / convergence ➢ *Antonym* ➢ divergence / separation

141 fertile (dj.) خصب / صالح للزراعة

Definition : ➢ land that is able to produce good crops.

SB : ➢ The land near the Nile was very fertile, so crops grew easily.

➢ Farmers preferred land with rich and fertile soil. The antonym of the underlined word "fertile" is ..... .

➢ *Synonym* ➢ fruitful / productive / rich ➢ *Antonym* ➢ barren / poor / infertile

142 foundation (n.) أساس / القاعدة البنائية

Definition : ➢ the solid base on which a structure is built.

SB : ➢ The new school was built on a strong stone ..... .

➢ *Synonym* ➢ base / groundwork ➢ *Antonym* ➢ superstructure / top / roof

143 irrigation (n.) الريّ

Definition : ➢ a method of supplying land with water for farming.

SB : ➢ Ancient farmers used irrigation systems to bring water from rivers to their fields.

➢ Ancient civilizations built canals for ..... , bringing water to their crops.

➢ *Synonym* ➢ Watering / flooding / hydration ➢ *Antonym* ➢ drainage / dehydration

144 monument (n) أثر تاريخى

Definition : ➢ a building or place officially protected by law from being damaged or destroyed.

SB : ➢ The Pyramids of Giza stand as a ..... of human engineering skill.

➢ *Synonym* ➢ antique / historical site ➢ *Antonym* ➢ ــــــــــــــ

145 peninsula (n.) شبه جزيرة

Definition : ➢ a piece of land almost surrounded by water but connected to the mainland.

SB : ➢ Italy is a ..... , surrounded by the sea on three sides.

➢ *Synonym* ➢ cape / headland ➢ *Antonym* ➢ island / gulf / bay

146 scholar (n.) عالِم / باحث أكاديمي

Definition : ➢ someone who knows a lot about a particular subject

SB : ➢ A ..... is a person who studies deeply in a particular field of knowledge.

➢ *Synonym* ➢ academic / researcher / intellectual ➢ *Antonym* ➢ illiterate / ignoramus

147 scribe (n.) كاتب / ناسخ

Definition : ➢ a person in the past who wrote documents or kept official records.

SB : ➢ In Mesopotamia, a scribe was responsible for writing records on clay tablets.

➢ In Mesopotamia, ... recorded information on clay tablets.

➢ *Synonym* ➢ copyist / clerk / writer ➢ *Antonym* ➢ ــــــــــــــ

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148 soil (n.) تربة

Definition : ➢ the top layer of the earth in which plants, trees, etc. grow.
SB : ➢ Water and rich ..... are essential for successful farming.

➢ *Synonym* ➢ earth / dirt / land / topsoil ➢ *Antonym* ➢ — — — — — — — —

149 strategic (adj.) الاستراتيجي / ذو أهمية بالغة / مدروس بعناية

Definition : ➢ connected with getting an advantage.
SB : ➢ The Amazon rainforest is considered the "lungs of the Earth" because of it ..... location.

➢ *Synonym* ➢ crucial/vital/critical/ calculated ➢ *Antonym* ➢ insignificant/unimportant/haphazard

150 strategically (adv.) استراتيجياً / بشكل مخطط / بطريقة مدروسة بعناية

Definition : ➢ in a way that is important for planning and advantage in position
SB : ➢ Egypt is located ..... between Africa and Asia.

➢ *Synonym* ➢ deliberately / tactically ➢ *Antonym* ➢ haphazardly / randomly/ accidentally

151 ziggurat (n.) معبد مدرج في حضارات العراق القديم

Definition : ➢ a pyramid-shaped temple tower of ancient Mesopotamia.
SB : ➢ In Babylon, temples called .....s rose high into the sky.
➢ The tall, temple-like structures called ..... were built in ancient Mesopotamia.

➢ *Synonym* ➢ terraced pyramid / stepped pyramid ➢ *Antonym* ➢ flat-roofed temple

152 astronomer (n) عالِم فلك

Definition : ➢ people who scientifically study the stars, planets, and the universe.
SB : ➢ Ancient ..... built stone monuments to watch the stars and planets.

➢ *Synonym* ➢ astrophysicist/ cosmologist ➢ *Antonym* ➢ astrologer مُنجم

153 compressed (adj.) مضغوط

Definition : ➢ pressed into a smaller space or made more compact.
SB : ➢ The gas in the bottle was ..... under high pressure.

➢ *Synonym* ➢ squeezed / compacted ➢ *Antonym* ➢ expanded / decompressed

154 cosmos (n) الكون / الوجود المنظم

Definition : ➢ another word for the universe, often used in poetry or science.
SB : ➢ Poets sometimes use the word ..... instead of "universe" to describe the whole of existence.

➢ *Synonym* ➢ universe / macrocosm / creation ➢ *Antonym* ➢ microcosm / chaos

155 curiosity (n) فضول / حب الاستطلاع

Definition : ➢ a strong desire to know about something.
SB : ➢ Discovering new worlds has always been part of human ..... .

➢ *Synonym* ➢ inquisitiveness / interest ➢ *Antonym* ➢ apathy / indifference

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156 dimension (n) بُعد هندسي / جانب / زاوية معنوية

Definition : ➢ measurement in space, for example how high, wide or long something is.
➢ the size and extent of a situation.

SB : ➢ The architect gave the exact ..... of the new bridge before construction began.

➢ *Synonym* ➢ cordiality/ friendliness /affection ➢ *Antonym* ➢ hostility/ aloofness /coolness

157 escape (v.d) يهرب

Definition : ➢ to get away from something.

SB : ➢ Many slaves tried to escape from captivity using secret tunnels. The synonym of the underlined word "escape" is..... .

➢ *Synonym* ➢ flee run away / break out ➢ *Antonym* ➢ surrender / remain / submit

158 event horizon أفق الحدث / حد لا عودة في الثقب الأسود

Definition : ➢ the invisible boundary around a black hole; once something crosses this point, nothing can escape.

SB : ➢ A black hole's ..... is the point of no return; nothing can escape once it passes this boundary.

➢ *Synonym* ➢ point of no return ➢ *Antonym* ➢ singularity / safe zone

159 galaxy (n) مجرة

Definition : ➢ a huge system of stars, gas and dust all held together by gravity.

SB : ➢ Our Solar System is part of a large spiral ..... of stars and planets.

➢ *Synonym* ➢ star system / nebula ➢ *Antonym* ➢ — — — — — — — —

160 gateway (n) بوابة / مدخل

Definition : ➢ a way into another place.

SB : ➢ A passport is a ..... to enter new countries.

➢ *Synonym* ➢ entrance / gate / entryway ➢ *Antonym* ➢ exit

161 gravity (n) الجاذبية / قوة شد الأجسام حو المركز

Definition : ➢ the force that attracts objects towards each other.

SB : ➢ Without ....., people and objects would float away into space.

➢ *Synonym* ➢ gravitation, gravitational pull ➢ *Antonym* ➢ weightlessness / levitation

162 invisible (adj.) غير مرئي / خفي

Definition : ➢ something that cannot be seen.

SB : ➢ Air is invisible, but we still feel its pressure around us. The antonym of the underlined word "invisible" is ..... .

➢ *Synonym* ➢ unseen / imperceptible ➢ *Antonym* ➢ seen / visible / apparent

163 Milky Way (n.) درب التبانة / مجرة حلزونية

Definition : ➢ the galaxy that contains our solar system.

SB : ➢ The ..... is the name of the galaxy that contains Earth.

➢ *Synonym* ➢ the home galaxy / spiral galaxy ➢ *Antonym* ➢ — — — — — — — —

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164 singularity (n) المتفردة / نقطة المركز متناهية الكثافة داخل الثقب الأسود

Definition : ➢ the point in a black hole where matter is crushed to infinite density.

SB : ➢ At the center of a black hole lies a ..... where density becomes infinite.

➢ *Synonym* ➢ infinitesimal point / core ➢ *Antonym* ➢ event horizon

165 universe (n) الكون

Definition : ➢ everything that exists, including all of space, time, matter, and energy.

SB : ➢ Scientists say the ..... contains billions of stars, planets, and galaxies.

➢ *Synonym* ➢ cosmos / macrocosm / creation ➢ *Antonym* ➢ microcosm / nothingness

166 hospitality (n) كرم الضيافة

Definition : ➢ the friendly and generous treatment of guests.

SB : ➢ Offering food and a warm welcome to guests shows ..... .

➢ *Synonym* ➢ Friendliness / warmth ➢ *Antonym* ➢ hostility / coldness

167 politeness (n) التهذيب / الأدب

Definition : ➢ respectful and well-mannered behavior.

SB : ➢ His ..... made him thank his hosts many times.

➢ *Synonym* ➢ courtesy/manners/ civility ➢ *Antonym* ➢ rudeness/impoliteness/discourtesy

168 touching (adj.) مؤثر عاطفياً / يثير الشجن والتعاطف

Definition : ➢ causing feelings of sympathy; making you feel sad or emotional.

SB : ➢ His kind words during my struggles were truly ..... .

➢ His kind words during my struggles were truly touching. The synonym of the underlined word "touching" is ..... .

➢ *Synonym* ➢ moving / influential / emotional ➢ *Antonym* ➢ unaffecting / unmoving

169 hesitatingly (adv.) بتردد / بشكل فيه شك

Definition : ➢ in a way that involves pausing before doing or saying something usually because you are uncertain or nervous about it.

SB : ➢ She answered the question hesitatingly, unsure if her response was correct. The antonym of the underlined word "hesitatingly" is ..... .

➢ *Synonym* ➢ reluctantly / uncertainly ➢ *Antonym* ➢ unhesitatingly / confidently / decisively

170 unhesitatingly (adv.) بلا تردد / فوراً وبشكل حاسم

Definition : ➢ immediately and confidently.

SB : ➢ She spoke ..... , without waiting or hesitating.

➢ *Synonym* ➢ decisively / promptly / confidently ➢ *Antonym* ➢ hesitatingly / reluctantly

171 collectivist (adj.) جماعي / يؤمن بالعمل الجماعي

Definition : ➢ considering group work is better than individual work.

SB : ➢ People in ..... societies focus on group harmony.

➢ *Synonym* ➢ communal / cooperative ➢ *Antonym* ➢ individualist/egocentric/ autonomous

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172 cheerful (adj.) مبتهج / مبهج

Definition : ➢ happy and showing that you are in a good mood.

SB : ➢ He always has a ..... smile on his face.

➢ He always has a cheerful smile on his face. The antonym of the underlined word "cheerful" is ..... .

➢ *Synonym* ➢ joyful / bright / merry ➢ *Antonym* ➢ gloomy / sad / miserable

173 daffodil (n.) نبات النرجس البري الأصفر

Definition : ➢ a yellow spring flower with a long stem and tube shaped center.

SB : ➢ Bright yellow ..... s grow in the spring.

➢ *Synonym* ➢ narcissus / yellow trumpet flower ➢ *Antonym* ➢ — — — — — — — —

174 environment (n) البيئة

Definition : ➢ the natural world in which people, animals and plants live.

SB : ➢ Protecting the natural ..... is important for future generations.

➢ *Synonym* ➢ nature / ecosystem ➢ *Antonym* ➢ — — — — — — — —

175 feedback (n) التغذية الراجعة / التقييم البنّاء

Definition : ➢ a response or opinion given about your work.

SB : ➢ Good ..... helps workers improve their performance.

➢ *Synonym* ➢ evaluation / assessment ➢ *Antonym* ➢ ignorance / neglect

176 flow (v.ed) يجرى / يتدفّق

Definition : ➢ to move steadily and continuously, like a liquid.

SB : ➢ Water will ..... smoothly down the river.

➢ *Synonym* ➢ streamed / poured / gushed ➢ *Antonym* ➢ stagnated / halted / blocked

177 literature (n) الأدب

Definition : ➢ pieces of writing that are valued as works of art, especially novels, plays and poems (in contrast to technical books and newspapers, magazines, etc.)

SB : ➢ Poetry, drama and legends are forms of ..... that reflect human culture.

➢ *Synonym* ➢ writing / fiction / letters ➢ *Antonym* ➢ oral tradition / technical books

178 memory (n) ذكريات / ذاكرة

Definition : ➢ something remembered from the past; the ability to remember.

SB : ➢ Old photographs often bring back happy .....y ies .

➢ *Synonym* ➢ recollection/reminiscence / remembrance ➢ *Antonym* ➢ forgetfulness / oblivion

179 fiction (n) الأدب القصصي الخيالي

Definition : ➢ a type of literature that describes imaginary people and events, not real ones.

SB : ➢ Although it's a work of ..... , the characters feel incredibly real.

➢ *Synonym* ➢ storytelling / literature / fantasy ➢ *Antonym* ➢ non-fiction / fact / reality

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180 prose (n) النثر

Definition : ➢ writing that is not poetry.

SB : ➢ Unlike poetry, ...is written in ordinary language and follows natural speech patterns.

➢ The writer expressed his idea in simple, clear ..... .

➢ *Synonym* ➢ non-poetic language ➢ *Antonym* ➢ poetry / verse / rhyme

181 rejection (n) رفض / عدم القبول

Definition : ➢ the refusal or failure to accept something.

SB : ➢ She felt sad after receiving a job application ..... .

➢ *Synonym* ➢ refusal / denial / dismissal ➢ *Antonym* ➢ acceptance / approval

182 rhythm (n) الإيقاع

Definition : ➢ a strong, regular repeated pattern of sounds or movements.

SB : ➢ The poem had a lively ..... that made people enjoy it.

➢ *Synonym* ➢ beat / tempo/ meter ➢ *Antonym* ➢ irregularity / discord / arhythmia

183 struggle (n) كفاح / نضال

Definition : ➢ a hard fight in which people try to obtain or achieve something, especially something that somebody else does not want them to have.

SB : ➢ Many people face personal ..... s during difficult times.

➢ *Synonym* ➢ hardship / conflict / battle ➢ *Antonym* ➢ ease / peace

184 tone (n) نبرة الصوت

Definition : ➢ the quality of a sound or voice; the general character or attitude in speech.

SB : ➢ The speaker's ..... of voice was calm and friendly.

➢ *Synonym* ➢ pitch / inflection / intonation ➢ *Antonym* ➢ monotone

185 wisdom (n) الحكمة

Definition : ➢ the ability to make sensible decisions and give good advice because of the experience and knowledge that you have.

SB : ➢ Through the old man's stories, the young hero gained the ..... needed to complete his quest.

➢ *Synonym* ➢ sagacity / insight ➢ *Antonym* ➢ foolishness / folly / ignorance

186 apprenticeship (n) تدريب المهني

Definition : ➢ a period of training in a job

SB : ➢ Before becoming a skilled carpenter, Ahmed completed a two-year ..... with a master craftsman.

➢ *Synonym* ➢ internship / traineeship ➢ *Antonym* ➢ employment

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187 applicant (n) المُتقدِّم لطلب وظيفة

Definition : ➢ a person who makes a formal request for something (= applies for it), especially for a job, a place at a college or university, etc.

SB : ➢ The company received over 300 ..... s for the new job position

➢ *Synonym* ➢ candidate / job- seeker ➢ *Antonym* ➢ employer / recruiter

188 career (n) مسيرة مهنية / مسار وظيفي / مِهْنَة

Definition : ➢ a job or professional path in life.

SB : ➢ A student may start as an apprentice before beginning a full ..... .

➢ *Synonym* ➢ profession / occupation ➢ *Antonym* ➢ unemployment / joblessness

189 counselor (n) مُستشار / مُرشد

Definition : ➢ a person who gives advice and guidance.

SB : ➢ A school ..... helps students with problems.

➢ *Synonym* ➢ advisor / consultant / guide ➢ *Antonym* ➢ advisee

190 inspiring (adj.) مُلْهِم

Definition : ➢ motivating and encouraging.

SB : ➢ The teacher's speech about hard work and success was truly inspiring to the students.

➢ The teacher's story was so inspiring that students wanted to try harder. The synonym of the underlined word "inspiring" is ..... .

➢ *Synonym* ➢ motivational / moving / encouraging ➢ *Antonym* ➢ uninspiring / discouraging

191 rehearsal (n) بروفة / تدريب تجريبي قبل العرض

Definition : ➢ practice before the final performance.

SB : ➢ The actors met every evening for ..... before the big performance.

➢ *Synonym* ➢ Practice / run-through / preparation ➢ *Antonym* ➢ performance / execution

192 terrified (adj.) مرعوب

Definition : ➢ very scared.

SB : ➢ Mariam was terrified when she heard strange noises outside her window at midnight.

➢ The child was terrified when the lights suddenly went out. The synonym of the underlined word "terrified" is ..... .

➢ *Synonym* ➢ frightened / horrified / frantic ➢ *Antonym* ➢ fearless / brave

193 scrolling (n) التمرير الرقمي / تحريك الشاشة لأعلى أو أسفل لقراءة المحتوى

Definition : ➢ moving text on a computer screen up or down so that you can read different parts of it.

SB : ➢ Many people spend hours ..... through social media feeds.

➢ *Synonym* ➢ browsing / swiping / navigating ➢ *Antonym* ➢ stopping / pausing / freezing

194 clothing (n) ملابس / ملبس

Definition : ➢ clothes, especially a particular type of clothes.

SB : ➢ Winter .....should be warm and comfortable, especially in cold countries.

➢ *Synonym* ➢ clothes / garments / attire ➢ *Antonym* ➢ nakedness / nudity

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My New Friend

جميع المفردات الهامة فى المنهج (وحدات من 1 لـــ 6)

heatwave (n)	موجة حارة
hit the town	يخرج للترفيه في المدينة
hormone (n)	هرمون
household (n)(adj.)	أسرة / منزلي
imitate (v.d)	يقلد
implemented (adj.)	تم تنفيذه/مُطبَّق
implications (n)	تداعيات / آثار
in deep water	في ورطة
indicate (v.d)	يوضح / يشير إلى
industry (n)	الصناعة / قطاع صناعي
infrastructure (n)	البنية التحتية
insight (n)	بصيرة / استبصار
interaction (n)	تفاعل
inundation (n)	غمر بالماء / إغراق
judgment (n)	حكم / تَقْدِير
keep my hands to myself	أتحكم في تصرفاتي الجسدية
leading (adj.)	بارز
lever (n)	رافعة / مقبض
literacy (n)	مهارة القراءة والكتابة
literally (adv.)	حرفياً
lonely (adj.)	وحيد
magic (n)(adj.)	سحر / سحري
magnificent (adj.)	رائعة
maintain (v.ed)	يحافظ/يقوم بصيانة
manufacturing (n)	تصنيع
marginalized (adj)	مهمش / مهمل
marginalized communities	المجتمعات المهمشة
megacity (n)	مدينة ضخمة
meteorologist (n)	خبير أرصاد
migration (n)	هجرة
mind-blowing (adj.)	مدهش / مذهل
mindset (n)	عقلية
mitigate (v.d) (v)	يخفف
moan(n) (v.ed)	أنين / يئن
mortify (v.ied)	يُحرج بشدة
mortifying (adj.)	مُحرج جدًا
non-invasive (adj.)	سطحي / ظاهري
offline (adj – adv)	غير متصل
online (adj.)	متصل
optimistic (adj.)	متفائل
overwhelming (adj.)	مُرْهِق / غامر
pack (v.ed)	يعبئ / يحزم أمتعته
packed (adj.)	ممتلئ / مفعم
panicked (adj.)	مصاب بالذعر

depression (n)	اكتئاب
destructive (adj)	مدمر
detect (v.ed)	يكتشف
diagnose (v.d)	يشخص (مرض)
disappointing (adj.)	مُخيِّب للآمال
disaster (n)	كارثة
displacement (n)	نزوح
disrupt (v.ed)	يُعطّل/يُخلّ بالنظام
diverse (adj.)	متنوع
documented (adj.)	موثق
drive (v)	يعزز / يقود
driver (n)	ملف التعريف
dynasty (n)	أسرة حاكمة
efficiency (n)	كفاءة
emergency (n)	طَوارِئ
emotion (n)	عاطفة
emphasize (v.d)	يؤكد على / يركز
enhance (v.d)	يحسن / يعزز
entangled (adj.)	متشابك / عالق
entertainment (n)	ترفيه / تسلية
equity (n)	مساواة / عدالة
erosion (n)	التآكل
expansion (n)	تمدد
extreme weather	طقس قاس
figuratively (adv.)	مجازياً
flexibility (n)	مرونة
forecast (n)(v)	تنبؤ / يتنبأ بـ
forehead (n)	جبهة / جبين
fragile (adj.)	هش / ضعيف
generation (n)	جيل
gin (n)	محلج (قطن)
glamorous (adj.)	فاتن / ساحر
glowing (adj.)	متوهج / براق
glow-producing (adj.)	منتج للضوء
grab (v. bed)	يمسك بشدة
green energy (n)	الطاقة النظيفة
greenhouse gas emissions	انبعاثات الغازات الدفيئة
groan (v.ed)	يتأوه / يتألم
groundwork (n)	أرضية / أساس
hang out	يتنزه / يسترخي مع الأصدقاء
hatch (v.ed)	يفقس
haunting (adj.)	مؤثر (صعب النسيان)
hazardous (adj.)	خطير
heartbreaking(adj.)	مؤلم/محزن

accelerated (adj.)	متسارع
accompanied (adj.)	مصحوب بـ
activist (n)	ناشط
adaptation (n)	تكيف
administer (v.ed)	يُدير / يُعطي
advance (v.d) (adj.)	يتقدم / متقدم
affection (n)	مودة / عاطفة
anxiety (n)	قلق
appliance (n)	جهاز
artifact / artefact	تحفة أثرية
attention (n)	اهتمام / انتباه
automated (adj.)	آلي / مميكن
automation (n)	التشغيل الآلي
awe-inspiring (adj.)	مثير للإعجاب
backgrounds (n)	خلفية
bear the brunt	يتحمل العبء الأكبر
bleach (v.ed)	يبيّض / يفقد لونه
breathtaking (adj.)	يخطف الأنفاس
brunt (n)	عبء / هم
cable (n)	كابل التوصيل
capture (v.d)	يستولي / يلتقط صورة /
chaos (n)	فوضى
charge (v.d)	يشحن بالطاقة
chest (n)	صدر
chores (n)	أعمال / فروض يومية
climate migration	هجرة المناخ
climate resilience	المرونة المناخية
climb the career ladder	يتقدم في السلم الوظيفي
clumsiness (n)	التصرف بغباء
clumsy (adj.)	أَحْمَق/ قَلِيل الْعَقْل
clutch (v.ed)	يمسك / يقبض على
collaboration (n)	تعاون
collapse (n) (v.d)	انهيار / ينهار
commitment (n)	التزام
compromise (v.d)	يتفاوض
consciousness (n)	الوعي / الإدراك
coordinated (adj.)	منسق / متناغم
CPR (Cardiopulmonary Resuscitation	الإنعاش القلبي الرئوي
creation (n)	إبداع
crisis (n)	أزمة
cruelty (n)	قسوة
curious (adj.)	فضولي
data management (n)	إدارة البيانات
dedicated (adj.)	مخلص

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thrive (v.d)	يزدهر
track (n) (v.ed)	ممر / يراقب / يتبع
transformation (n)	تحول / تحويل
transformative (adj.)	يحدث تغييرا جذريا
troubleshoot (v)	يحدد المشكلة ويعالجها
turn a blind eye	يتجاهل
underestimate (v.d)	يُقلّل من شأن / يستهين بـ
urgency (n)	أهمية / ضرورة ملحة
version (n)	نسخة / إصدار
vibrant (adj)	مفعم بالحياة
victim (n)	ضحية
vivid (adj.)	زاهية
vulnerable (adj.)	معرض للخطر
warmth (n)	دفء
weeknight (n)	ليلة أسبوعية
well-being (n)	رفاهية / سعادة
whisper (v.ed)(n)	يهمس / همسة
workforce (n)	القوة العاملة
worsen (v.ed)	يتفاقم / يَسوء

scope (n)	منظار
scorching (adj.)	شديد الحرارة
shift (n)	نوبة عمل / تغيير / تحوّل
socialize (v.d)	يندمج اجتماعيًا
soft skills (n)	مهارات شخصية
sophisticated (adj.)	متطور/دقيق
soul (n)	روح
spill the beans	يكشف سراً
standstill (adj.)	ساكن / ثابت
stay ahead of the curve	يتقدم على الآخرين
steeped in (adj.)	منغمس في /غارق في
stitch (n) (v.ed)	غرزة / يخيط
strengthen (v.ed)	يقوي
struggle (n) (v.d)	كفاح / يُناضل
substantial (adj.)	كبير / جوهري
superficially (adv.)	بشكل سطحي
sustainable (adj.)	مستدام
thermal (adj.)	حراري / متعلق بالحرارة
think outside the box	يفكر بطريقة إبداعية

paramedic (n)	مسعف
partnership (n)	شراكة
persistence (n)	إصرار / مثابرة
persistent (adj.)	مثابر / مستمر
pessimistic (adj.)	متشائم
phenomenon (n)	ظاهرة
plot (n)	حبكة القصة
pose (v.d)	يُشكّل / يُسبب
productivity (n)	الإنتاجية
profound (adj.)	عميق / خطير
projections (n)	توقعات
prolonged (adj.)	طويل
pulse (n)	النبض
reassure (v.d)	يطمئن
recommend (v.ed)	يوصي بـ / يزكي
recreate (v.d)	يعيد إنشاء / يستجم
rewarding (adj.)	مرضي / مجزي
right-click (v.ed)	ينقر على الزر الأيمن
rollercoaster (n)	قطار الملاهي/ تقلبات شديدة

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جميع المفردات الهامة فى المنهج (وحدات من 7 لـــ 12)

phrase (n)	عِبارَةٌ
phrase(d) (v)	يَصيغُ
politeness (n)	أَدَبٌ
porcelain (n)	خَزَف
practical (adj)	عَمَلِيٌّ
prose (n)	نَثْرٌ
psychology (n)	عِلْمُ النَّفْسِ
ramen (n)	رامن (حَساءٌ يابانِيٌّ)
rehearsal (n)	بُروفَةٌ
rejection (n)	رَفْضٌ
reputation (n)	سُمْعَةٌ
reputation (n)	سُمْعَة
restrictions (n)	قُيودٌ
rhythm (n)	إيقاعٌ
root (n)	جِذْرٌ / أَصْلٌ /مَنْشأ
rush (n)	عَجَلَةٌ / اسْتِعْجالٌ
rush(ed) (v)	يَنْدَفِعُ / يُسْرِعُ
scholar (n)	عالِم
scribe (n)	كاتِب
scroll(ed) (v)	يَتَصَفَّحُ /يُحَرِّكُ الشَّاشَةَ
security (n)	أَمْنٌ
shadow (n)	ظِلّ
silk (n)	حَرير
Silk Road (n)	طَريقُ الحَرير
singularity	حالَةُ التَّفَرُّدِ (نَجْمٌ مُحْتَرِق)
soil (n)	تُرْبَة
someone's heart sinks	يَشْعُرُ بحُزْنٍ الشَّديدِ
spontaneous (adj)	عَفْوِيٌّ - تِلْقائِيٌّ
strategic (adj)	إِسْتْراتيجِيّ
strategically (adv)	إِسْتْراتيجِيّاً
strike (struck-struck) (v)	يَشْرَعُ في
struggle (n)	صِراعٌ - كِفاحٌ
terminal	مَبْنَى الرُّكّابِ / مَحَطَّةٌ رَئيسِيَّةٌ
terracotta (n)	فَخّار (الطِّين المَحْروق)
terrified (adj)	مَرْعوبٌ
theory (n)	نَظَرِيَّة
thoughtful (adj)	مُراعٍ /مُتَعَمِّقُ التَّفْكير
thoughtfulness (n)	تَعاطُفٌ / مُراعاةٌ
tone (n)	نَبْرَةٌ
trapdoor (n)	بابٌ سِرِّيّ
unhesitating (adj)	غَيْرُ مُتَرَدِّدٍ
unhesitatingly (adv)	بِلا تَرَدُّدٍ
universe (n)	الكَوْن
wisdom (n)	حِكْمَةٌ
ziggurats	مَعْبَدٌ هَرَمِيٌّ في بابِلَ القَديمَة

foundation (n)	أَساسٌ - مُؤَسَّسَة
galaxy (n)	مَجَرَّة
gate (n)	بَوَّابَةٌ
gateway (n)	بَوَّابَة
generosity (n)	الكَرَمُ
geographical (adj)	جُغْرافِيّ
geographically (adv)	جُغْرافِيّاً
geology (n)	جيولوجيا
gesture (n)	إيماءَةٌ (تَعْبيراتُ الوَجْهِ والجَسَدِ)
go with the flow	يَتَأَقْلَمُ مَعَ الظُّروفِ
hidden (adj)	مَخْفِيٌّ - مُخَبَّأ
hide-hid-hidden (v)	يُخْفي
hieroglyphics	اللُّغَةُ الهيروغليفيَّةُ
horizon (n)	أُفُق
hospitable (adj)	مِضْيافٌ
hospitality (n)	كَرَمُ الضِّيافَةِ
imagery	التَّصْويرُ البَلاغِيُّ أَوِ الحِسِّيُّ
in hot water	في مَأْزِقٍ
independence (n)	اسْتِقْلالٌ
individualistic (adj)	فَرْدِيٌّ
innovation (n)	اِبْتِكار
inspiring (adj)	مُلْهِمٌ
invisible (adj)	غَيْرُ مَرْئِيّ
irrigation system (n)	نِظامُ الرَّيّ
isolate(d) (v)	يَفْصِلُ - يَعْزِلُ
isolating (adj)	عازِلٌ / مُعَزِّلٌ
land a job	يَحْصُلُ عَلَى وَظيفَةٍ
law (n)	القانونُ
legal code (n)	مَجْموعَةُ قَوانين
literature (n)	الأَدَبُ
lounge (n)	صالَةٌ
luxury (adj)	فاخِرٌ
maritime (adj)	بَحْرِيّ
memory (n)	ذِكْرَى - ذاكِرَةٌ
Milky Way (n)	دَرْبُ التَّبّانَة
moral (n)	عِبْرَةٌ / قيمَةٌ أَخْلاقِيَّةٌ
mystery (n)	سِرٌّ غامِضٌ / لُغْز
navigate(d) (v)	يُوَجِّهُ / يَتَنَقَّلُ/يُديرُ
non-fiction (n)	واقِعٌ
nursing (n)	تَمْريضٌ
opportunity (n)	فُرْصَة
passion (n)	شَغَفٌ
patronize(d) (v)	يَتَعامَلُ بِتَعالٍ أَوْ بِتَكَبُّرٍ / يَدْعَمُ مادِّيّاً أَوْ فَنِّيّاً
peninsula (n)	شِبْهُ جَزيرَة
philosophical (adj)	فَلْسَفِيٌّ

apprenticeship (n)	تَدريبٌ مِهْنِيٌّ
architecture (n)	هَنْدَسَةٌ مِعْمارِيَّةٌ
astronomer (n)	فَلَكِيٌّ - عالِمُ فَلَك
awareness (n)	الوَعْيُ
backpacking (n)	سَفَرٌ بِحَقيبَةِ ظَهْرٍ
bend-bent-bent (v)	يَثْني
black hole (n)	ثُقْبٌ أَسْوَد
board (n)	لَوْحٌ - مَجْلِسٌ - هَيْئَةٌ
board(ed) (v)	يَصْعَدُ عَلَى مَتْنِ
boarding pass	بِطاقَةُ الصُّعودِ إِلَى الطَّائِرَة
boundary (n)	حَدٌّ (مُفْرَدُ حُدود)
breeze (n)	نَسيمٌ
business studies	دِراسَةُ الأَعْمالِ
bustling (adj)	مُزْدَحِمٌ /يَعِجُّ بِالنَّشاطِ
career (n)	مِهْنَةٌ / مَسارٌ وَظيفِيٌّ
carry-on (n)	حَقيبَةٌ يَدَوِيَّةٌ
chance (n)	فُرْصَة
checkpoint (n)	نُقْطَةُ تَفْتيشٍ أَمْنِيَّةٍ
cheerful (adj)	مُبْتَهِجٌ
collectivist (adj)	جَماعِيٌّ
compliment (v.ed) (n)	يُجامل/المُجامَلَةُ
compressed (adj)	مَضْغوط
confluence (n)	مُلْتَقَى - اِلْتِقاء
cosmic (adj)	كَوْنِيّ
cosmos (n)	الكَوْن
counselor (n)	مُرْشِدٌ / مُسْتَشارٌ
cultural awareness	الوَعْيُ الثَّقافِيُّ
daffodil (n)	زَهْرَةُ النَّرْجِس
dentistry (n)	طِبُّ الأَسْنانِ
departure (n)	رَحيلٌ / مُغادَرَةٌ / سَفَرٌ
departure lounge (n)	صالَةُ المُغادَرَةِ
detect(ed) (v)	يَكْتَشِف
dialogue/dialog (n)	حِوارٌ
discipline (n)	انْضِباطٌ
dynasty (n)	سُلالَةٌ (أُسْرَةٌ) حاكِمَة
engineering (n)	الهَنْدَسَةُ
escape (n)	مَتَنَفَّسٌ - هُروبٌ
escape(d) (v)	يَهْرُب
ethical (adj)	أَخْلاقِيٌّ
event horizon (n)	أُفُقُ الحَدَث
fear (n)	خَوْف
feedback (n)	تَغْذِيَةٌ راجِعَةٌ / تَقْييمٌ
fertile (adj)	خَصِبٌ
fiction (n)	خَيالٌ
flow (ed) (v)	يَجْري

Verbal Collocations جميع المتلازمات اللفظية

الوحدات من (1 لـ 12)

add	tension or surprise	يُضيف توتّراً أو مفاجأةً
address	a challenge	يواجه تحديًا
administer	medication	يعطي الدواء
analyze	data	يُحلل البيانات
argue	a point	يُجَادِلُ حَوْلَ نُقْطَةٍ
attract	prey	يَجذِبُ الفريسةَ
ban	harmful practices	يَحْظُرُ المُمَارَسَاتِ الضَّارَّةَ
bear	the brunt	يتحمل العبء الأكبر
beat	other applicants	يَهْزِمُ مُتَقَدِّمِينَ آخَرِينَ
begin	a career	يَبْدَأُ مِهْنَةً
bend	space and time	يغير معطيات الزمان والمكان
board	a plane	يصعد إلى الطائرة
boost	mood	يُحسن الحالة المزاجية
bring	comfort	يجلب الراحة
build	cars	يصنع سيارات
	protection	يَحْمِي - يُحَصِّنُ
	friendships	يُكَوِّنُ صَدَاقَاتٍ
call	for action	يَدْعُو إلى العَمَلِ
capture	expressions	يلتقط التعابير
	a photograph	يصور صورة
	emotions	يَأْسِرُ مَشَاعِرَ
carry	deep meaning	يَنْطَوِي عَلَى مَعْنًى عَمِيقٍ
	lessons	يَحْمِلُ دُرُوسًا أَخْلَاقِيَّةً
catch	up on old times	يسترجع الذكريات القديمة
cause	coral bleaching	يُسبِّبُ ابيضاض الشِّعاب المرجانيَّة
	damage	يُسَبِّبُ ضَرَرًا
celebrate	friendship	يَحْتَفِي بِالصَّدَاقَةِ
	nature	يَتَغَنَّى بِالطَّبِيعَةِ
charge	full steam ahead	يسارع في القيام بـ
check	pulse	يتحقق من النبض
	the weather	يتفقد حالة الطقس
climb	the career ladder	يتقدم في السلم الوظيفي
collapse	under gravity	ينهار تحت الجاذبية
	under heavy weight	ينهار تحت الوزن الثقيل
collect	revenue	يجمع الإيرادات
compliment	someone	يُثْنِي عَلَى شَخْصٍ
compose	music	يؤلف موسيقى
connect	civilizations	يربط الحضارات
control	access	يتحكم في إمكانية الوصول
convince	the reader	يقنع القارئ
correct	mistakes	يصحح الأخطاء
cover	ethical sides	يُغَطِّي الْجَوَانِبَ الْأَخْلَاقِيَّةَ
	topics	يُغَطِّي مَوْضُوعَاتٍ
create	change	يُحدث تغييرًا
	memories	يصنع ذكريات
	awareness about	ينشر الوعي بشأن
	a singularity	ينشئ حالة فريدة
	emotion	يُوَلِّدُ مَشَاعِرَ
cross	the boundary	يعبر الحد
deliver	information	يُقدم المعلومات
demonstrate	recognition	يُظهر اعترافًا أو وعيًا
depend	on physical effort	يعتمد على الجهد الجسدي
describe	a scene	يَصِفُ مَشْهَدًا

detect	illness	يكتشف الأمراض
develop	soft skills	يطور المهارات الشخصية
	empathy	يطور التعاطف
diagnose	illness	يشخص مرض
discover	mysteries	يكتشف أسرارا غامضة
disrupt	communication	يُشَوِّشُ عَلَى التَّوَاصُلِ
do	CPR	يقوم بالإنعاش القلبي الرئوي
	research	يقوم بأبحاث
	tasks	يؤدي المهام
	homework	يؤدي واجبه المنزلي
	revision	يقوم بالمراجعة
	an apprenticeship	يَقُومُ بِتَدْرِيبٍ مِهْنِيٍّ
do / get	a degree	يَحْصُلُ عَلَى دَرَجَةٍ جَامِعِيَّةٍ
document	progress	يوثق التقدم أو تطور الحالة
	an increase	يوثق زيادة
drive	change	يسبب تغيير
	a phenomenon	يسبب ظاهرة
educate	communities	يُثَقِّفُ المُجْتَمَعَاتِ
eliminate	a need	يلغي عن
encourage	conservation	يُشَجِّعُ عَلَى الحِفَاظِ
enhance	productivity	يُحسن الإنتاجية
enjoy	a meal	يَسْتَمْتِعُ بِوَجْبَةٍ
escape	gravity	يهرب من الجاذبية
exchange	ideas	يتبادل الأفكار
	technology	يتبادل التكنولوجيا
express	warmth	يُعَبِّرُ عَنِ الْحَمِيمِيَّةِ
	welcome	يُعَبِّرُ عَنِ التَّرْحِيبِ
face	risks	يواجه مخاطر
	a hard-to-survive journey	يُواجِهُ رحلةً صعبةَ النَّجاة
	threats	يُوَاجِهُ تَهْدِيدَاتٍ
	danger	يواجه خطرا
	rejection	يُوَاجِهُ رَفْضًا
feel	miserable	يشعر بالتعاسة
	equal	يشعر بالمساواة
	embarrassed	يشعر بالإحراج
	exciting	يبدو مثيرا
	overwhelmed	يشعر أن الأمور تفوقه
	welcome	يَشْعُرُ بِالتَّرْحَابِ
	touched	يَشْعُرُ بِالتَّأَثُّرِ
	jealous	يَشْعُرُ بِالْغَيْرَةِ
find	oneself in deep water	يَجِدُ نَفْسَهُ فِي مأزقٍ
	evidence	يجد دليلا
forgive	small accidents	يغفر الحوادث الصغيرة
form	new friendships	يُكوّن صداقات جديدة
	a black hole	يشكل ثقبا أسود
	a dense object	يشكل جسما كثيفا
	a massive system	ينشئ نظاما ضخما
gain	awareness	يَكْتَسِبُ وَعْيًا
	wisdom	يَكْتَسِبُ حِكْمَةً
	independence	يَكْتَسِبُ الِاسْتِقْلَالَ
	skills	يَكْتَسِبُ مَهَارَاتٍ
get	an apprenticeship	يَحْصُلُ عَلَى تَدْرِيبٍ مِهْنِيٍّ
	experience	يَكْتَسِبُ خِبْرَةً

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My New Friend

give	a prescription	يقدم وصفة طبية
	an opinion	يُبدي رأيًا
	reasons	يُقدم أسبابًا
	a speech	يُلْقِي خِطَابًا
go	deeper	يَتَعَمَّقُ
grab	coffee	يتناول القهوة
grow	stronger	يُصْبِحُ أَقْوَى
guide	society	يوجه المجتمع
handle	a situation	يعالج حالة/موقفا
have	a sore throat	يعانى من التهاب فى الحلق
help	control	يساعد في السيطرة على
	shape the universe	يساعد في تشكيل الكون
hide	tears	يخفى دموعه/حزنه
highlight	a positive point	يبرز نقطة إيجابية
hit	the town	يخرج للتنزه
honor	a guest	يُكْرِمُ ضَيْفًا
ignore	impacts	يتجاهل التأثيرات
imagine	a scene	يَتَخَيَّلُ مَشْهَدًا
imitate	a person	يقلد شخصًا
implement	solutions	يُنفذ حلول
indicate	trends	يدل على توجهات
indicate	data	يشير إلى بيانات
inspire	readers	يُلْهِمُ الْقُرَّاءَ
introduce	income	يجلب دخلًا
invest	in innovation	يستثمر في الابتكار
	in well-being	يستثمر في الرفاهية
join	meetings	يحضر اجتماعات
	a club	يَنْضَمُّ إِلَى نَادٍ
keep	my hands to myself	أتجنب لمس الآخرين
	safe	يحتفظ بالأمان
	a diary	يُدَوِّنُ مُذَكِّرَةً
keep	daily practice	يُحَافِظُ عَلَى مُمَارَسَةٍ يَوْمِيَّةٍ
kick	off the day	يبدأ اليوم
launch	a satellite	يطلق قمرا صناعيا
	a telescope	يطلق مرصدا
lay	the groundwork	يُمهد الطريق
leap	through the waves	يَقْفِزُ عَبْرَ الأمواج
lose	focus	يفقد التركيز
	color	يَفْقِدُ اللَّوْنَ
	fuel	يفقد الوقود
maintain	control	يظل مسيطر
	friendships	يحافظ على الصداقات
make	an appointment	يحجز موعدًا
	a difference	يُحدث فرقًا
	an effort	يبذل جهدًا
	plans	يضع خططًا
	a checklist	يكون قائمة تحقق
	a mistake	يرتكب خطأ
	a presentation	يقدم عرضا

make	a speech	يلقى خطابا
	discoveries	يحقق اكتشافات
	progress	يحقق تقدما
	assumptions	يضع فروضا
	a diary entry	يَكْتُبُ فِي مُذَكِّرَةٍ
	a choice	يَتَّخِذُ خِيَارًا
	a decision	يَتَّخِذُ قَرَارًا
	a list	يَضَعُ قَائِمَةً
manage	stress	يتحكم في التوتر
match	personal interests	يَتَوافَقُ مَعَ الِاهْتِمَامَاتِ الشَّخْصِيَّةِ
offer	advantages	يمنح مزايا
	comfort	يُوَفِّرُ الرَّاحَةَ
oppose	an idea	يعارض فكرة
pack	products	يعبئ/يغلف المنتجات
participate	in workshops	يشارك في الورش
pass	a law	يُصدر قانون
pay	attention	ينتبه ل
perform	CPR	يقوم بالإنعاش القلبي الرئوي
	tasks	يؤدي المهام
plan	my day	أخطط يومى
	activities	يخطط الأنشطة
play	a pivotal role	يلعب دورًا محوريًا
	a role in	يَلْعَبُ دَوْرًا فِي
pose	a threat	يُشَكِّلُ خَطَرًا
practice	communication	يتواصل
	good hygiene	يمارس عادات النظافة الجيدة
predict	displacement	يتنبأ بنزوح
prepare	a file	يُجهز الملف
	for roles	يستعد للأدوار
present	explanations	يقدم شروحا
preserve	biodiversity	يُحَافِظُ عَلَى التَّنَوُّعِ الحَيَوِيِّ
	culture	يَحْفَظُ الثَّقَافَةَ
prevent	damage	يَمْنَعُ الضَّرَرَ
project	sea level rise	يتنبأ بارتفاع مستوى البحر
promote	eco-friendly tourism	يُرَوِّجُ لِلسِّيَاحَةِ الصَّدِيقَةِ لِلْبِيئَةِ
prove	a phenomenon	يثبت ظاهرة
prove	theories	يثبت النظريات
provide	examples	يُقدم أمثلة
	access	يتيح الوصول
rain	cats and dogs	تُمطر بغزارة
raise	awareness	يَزِيدُ الوَعْيَ
react	under pressure	يتصرف تحت ضغط
reduce	waste	يُقَلِّلُ النِّفَايَاتِ
reflect	on the day	يتأمل اليوم/يفكر فيما حدث
regain	consciousness	يسترد الوعى
renew	a visa	يجدد التأشيرة
replace	human labor	يحل محل العمالة البشرية
require	courage	يَتَطَلَّبُ شَجَاعَةً
re-route	luggage	يعيد توجيه الأمتعة

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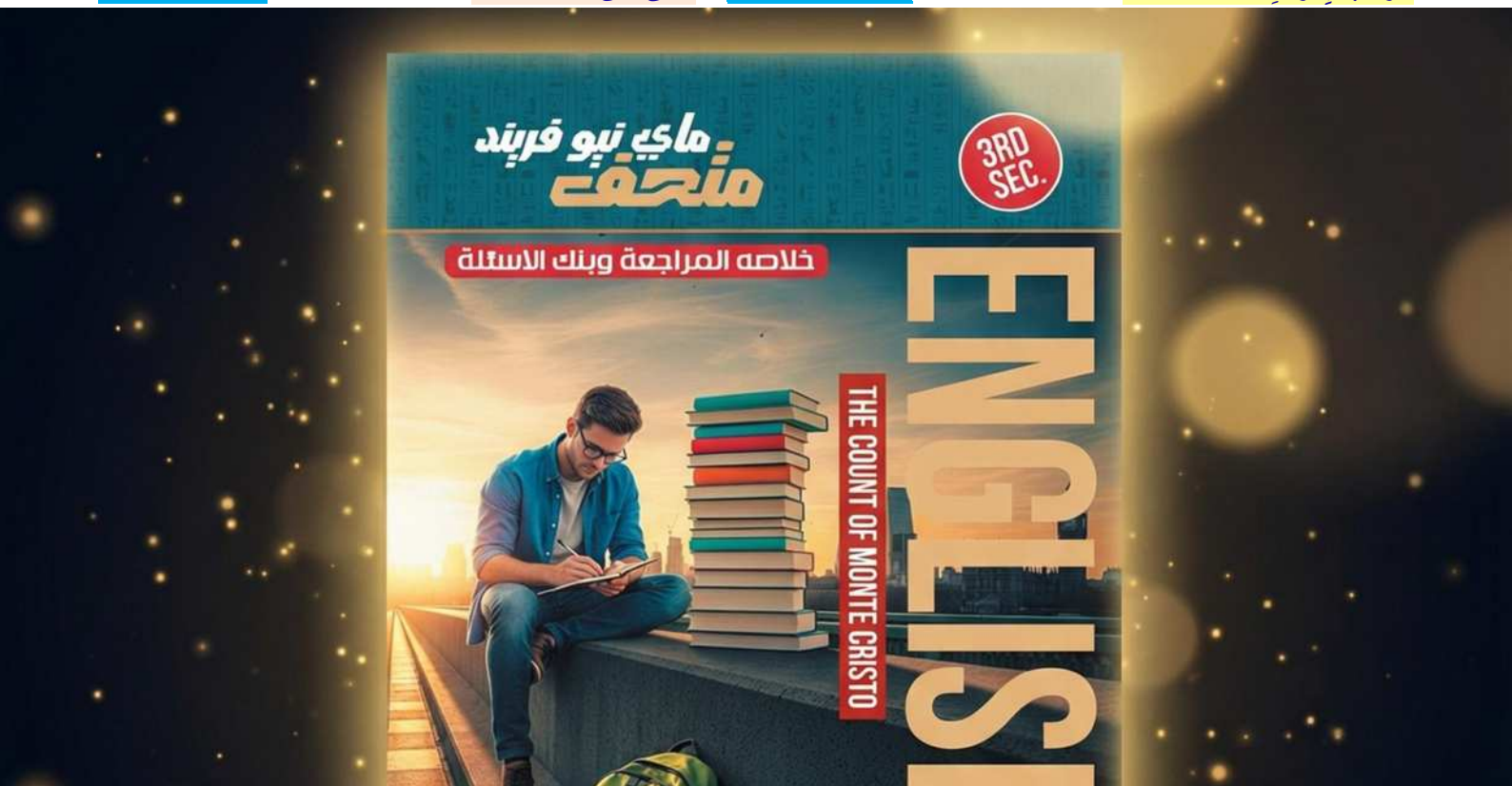
research	rankings	يَبْحَثُ فِي التَّصْنِيفَاتِ
restate	your opinion	تؤكد رأيك
restore	habitats	يَرُمُّ المَوَاطِنَ الطَّبِيعِيَّةَ
return	the kindness	يُبَادِلُ اللُّطْفَ
review	updates	يراجع المستجدات
revolutionize	agriculture	يُحدث ثورة فى الزراعة
	trade	يحدث ثورة فى التجارة
rush	in a victim	يُدخل مصابًا بسرعة
save	lives	ينقذ الأرواح
see	a doctor	يذهب للطبيب
set	the time and place	يُحدِّدُ الزَّمانَ والمَكانَ
shape	the nation	يشكل عقل الأمة
	culture	يشكل الثقافة
	traditions	يشكل التقاليد
	galaxies	يشكل المجرات
share	your opinion	يُشارك رأيه
	experiences	يشارك التجارب
	a passion	لَدَيْهِ نَفْسُ الشَّغَفِ
show	power	يظهر القوة
	care	يُظْهِرُ الِاعْتِنَاءَ
	kindness	يُظْهِرُ اللُّطْفَ
	politeness	يُظْهِرُ الْأَدَبَ
	beauty	يُظْهِرُ الْجَمَالَ
	sea level rise	يُبطئ ارتفاع مستوى البحر
soak	to the skin	يصبح مبتل تمامًا
spend	time	يَقْضِي وَقْتًا
spin	a wheel	يُدِيرُ عَجَلَةً
stand	as a symbol	يقف كرمز
start	CPR	يقوم بالإنعاش القلبى الرئوي
	a diary	يَبْدَأُ مُذَكِّرَةً
stay	in charge (of)	يبقى مسؤولاً (عن)
	ahead of the curve	يبقى متقدمًا
	in touch	يبقى على اتصال
stay	active	يبقى نشيطا
	calm	يبقى هادئا
	positive	يبقى إيجابيا
	close to	يَبْقَى قَرِيبًا مِنْ
strengthen	friendships	يقوي الصداقات
suck up	matter	يمتص/يتشرب المادة
support	marine life	يَدْعَمُ الحَيَاةَ البَحْرِيَّةَ
	funding	يدعم التمويل
take	X-rays	يقوم بعمل أشعة إكس
	temperature	يقيس درجة الحرارة
	medication	يتناول الدواء
	action	يتخذ إجراء
	meaningful steps	يتخذ خطوات ذات معنى
	vitamins	يتناول الفيتامينات
	a step	يتخذ خطوة
	a look	يلقى نظرة
	critical steps	يتخذ خطوات حاسمة
	time	يَتَأَنَّى / يَسْتَغْرِقُ
	a course	يَحْصُلُ عَلَى تَدْرِيب
	notes	يُدَوِّنُ مُلَاحَظَاتٍ
teach	values	يُعَلِّمُ قِيَمًا
tell	stories	يسرد قصصًا
think	outside the box	يفكر بطريقة مبتكرة
track	heart rate	يراقب ضربات القلب
troubleshoot	problems	يحدد المشكلة ويعالجها
turn	a blind eye	يغضّ الطَّرْفَ / يتجاهل
underestimate	the value	يُقلّلُ من قيمةِ
uphold	rights	يحمي أو يحترم الحقوق
use	comparisons	يَسْتَخْدِمُ مُقَارَنَاتٍ
	imagery	يَسْتَخْدِمُ صُوَرًا بَيَانِيَّةً
value	hospitality	يُقَدِّرُ حُسْنَ الضِّيَافَةِ
verify	facts	يستوثق من الحقائق
welcome	visitors	يُرَحِّبُ بِالزُّوَّارِ



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